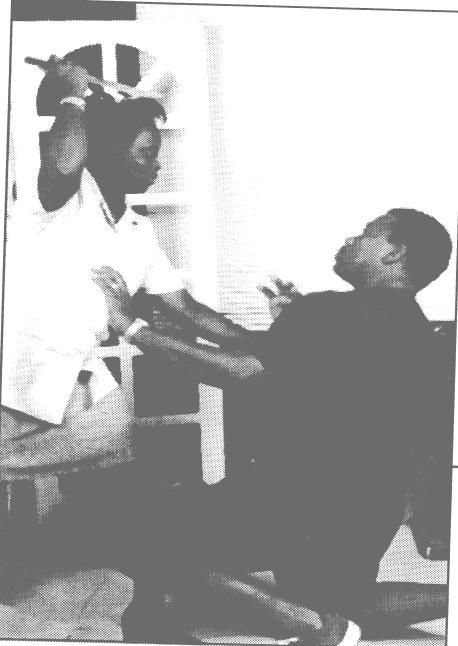
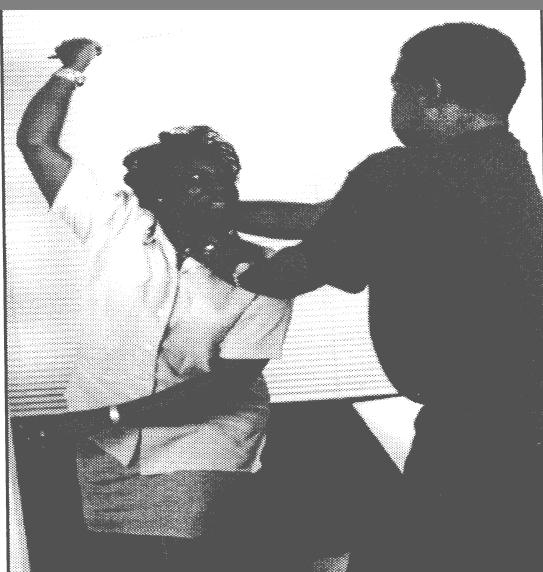
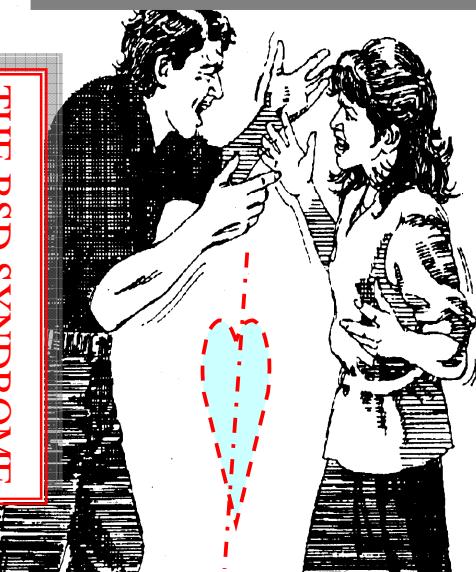


# DOMESTIC VIOLENCE AWARENESS HANDBOOK



LOVE AND LICKS DON'T MIX

THE BSD SYNDROME



**REVISED WITH SECTION FOR VIEWS BY MEN TITLED "MAN TALK" 2005**

**A PUBLIC SERVICE OF MEN AGAINST VIOLENCE AGAINST WOMEN**  
*Edited By Christopher Holder, Chairman MAVAW.*  
*Assisted By Donald Berment, Secretary and Desmond Persad, Treasurer.*

**MEN AGAINST VIOLENCE AGAINST WOMEN (MAVAW) 2002 REVISED TEXTBOOK**

REPUBLIC OF TRINIDAD AND TOBAGO



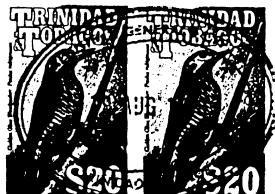
M 1799(95)  
Company No.

THE COMPANIES ACT, 1995

**CERTIFICATE OF INCORPORATION**

MEN AGAINST VIOLENCE AGAINST WOMEN (MAVAW)  
Name of Company

I hereby certify that the above-mentioned Company, the Articles of Incorporation of which are attached, was incorporated under the Companies Act, 1995 of Trinidad and Tobago.



*Angela*  
Registrar of Companies

19th August 1998  
Date of Incorporation

Government Printery

3

CHARITABLE STATUS NO F (BUD): 7/4/205  
Fiscal Year 1<sup>st</sup> July to 30<sup>th</sup> June.  
B.I.R. No 1805479.

Bankers: Republic Bank Park Street, POS—Account No 160447571501



REPUBLIC OF TRINIDAD AND TOBAGO

***Men Against Violence Against Women***



No 45 River Estate Circular, River Estate, Diego Martin  
Ph/Fax: (868) 637-0924—Website: <http://www.mavaw.com>

## INTRODUCTION.

Dear Friends,

We are very pleased to provide you with this **“Domestic Violence Awareness Handbook—2002.”** The problem of domestic violence has been with us for as long as people have been living together. Thankfully, it has recently become an issue that is being addressed more vigorously on a local and national level. No person should be subject to physical or emotional abuse by someone they live with or have lived with. We hope this guide will explain the types of abuse that can take place and what you can do to stop it.

The printing and preparation of this **Handbook** is sponsored by the **Men Against Violence Against Women (MAVAW)**. While reading this guide you will find many advertisements from surrounding businesses. Without their support and donations this booklet would not have been possible.

The **Men Against Violence Against Women** would like to personally thank each and every sponsor who had the ability to contribute and those who did not but have supported us in their own generous way.

Sincerely,

*Signed.....* ***Christopher Holder, Chairman.***

**Men Against Violence Against Women**

**Management:** Donald Berment, David Law, Johnny Bharath, Christopher Holder and Desmond Persad

**Bankers:** Republic Bank, Park Street, POS, Account Number 180447571501

***PROMISES OF RESPONSIBLE ORDERLIES (P.O.R.O.).***

MEN AGAINST VIOLENCE AGAINST WOMEN

Chairman Email: [christopherholder9@hotmail.com](mailto:christopherholder9@hotmail.com). Signed.....

Secretary Email: [mavawsec@yahoo.com](mailto:mavawsec@yahoo.com). Signed.....

Treasurer Email: [desmond.Persad@hcltt.com](mailto:desmond.Persad@hcltt.com). Signed.....

***Our next Text will be “Roots Of Societal Violence—Understanding The BSD Syndrome”***



## **Men Against Violence Against Women**

**M.A.V.A.W.**

**Goals**



- 1)** Inform MEN about our CONCEPT, which is, that the PRIMARY VIOLENCE being committed Against WOMEN is a PSYCHOLOGICAL One, in that MOST MEN have not Accepted WOMEN as EQUAL, Together with Appreciating Them as DIFFERENT.
- 2)** Provide in the First Instance, for EDUCATION and TRAINING of all our MEMBERS and Well Wishers and in the Second Instance, on Request.
- 3)** Locate, Identify and Register, All MEN in Solidarity with our CAUSE, both in CONCEPT and these GOALS, offering them participation in M.A.V.A.W., which is one of the PROACTIVE ways to take RESPONSIBILITY for MALE VIOLENCE and also which will CONTRIBUTE to CREATING a Violent Free Society.
- 4)** Conduct Research generally and Needs Analysis where possible, on the Incidence and Intensity of VIOLENCE IN RELATIONSHIPS, with an Emphasis on DOMESTIC VIOLENCE dedicating ourselves to Reducing and eventually Eliminating, Unacceptable Violence in Society, using a Multi-disciplinary approach, focusing on Correcting Behaviour Skill and Belief System Deficits.
- 5)** Initiate and/or Engage in Social Activism, in order to push Existing and Emerging Societal Problems with Violent Content, TOWARDS Gender Sensitive Social and Educational Solutions.
- 6)** Develop and Maintain, a NETWORK of Committed and Qualified Members and Friends, in order to Provide Both MEN and WOMEN, with Short Term and Long Term Assistance, Physically, Emotionally and Financially.
- 7)** Affiliate With and/or Work alongside, all other Non-Governmental Groups/Organisations, Civil Society and Governments, who share with us, this Common Goal of Reducing and Eventually Eliminating VIOLENT BEHAVIOUR, In and From our Society.
- 8)** Host when Possible and Attend when Invited, Public Meetings, Seminars, Symposiums, Workshops, Consultations, Conferences etc., both Locally and Internationally.

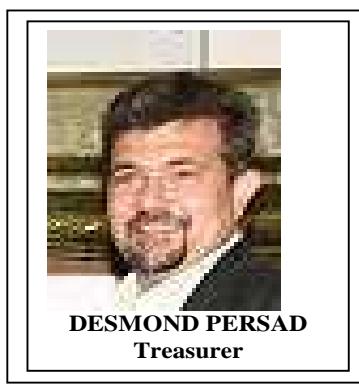
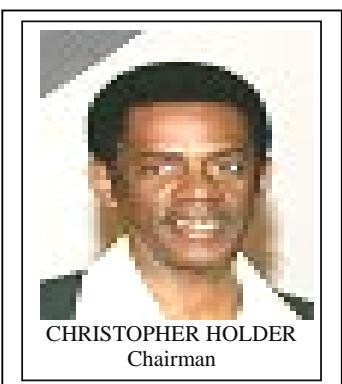
FIRST GENERAL MANAGEMENT COORDINATORS—DONALD BERMENT—DAVID LAW—JOHNNY BHARATH.  
FIRST DIRECTORS—CHAIRMAN—CHRISTOPHER HOLDER—SECRETARY—DONALD BERMENT  
TREASURER—DESMOND PERSAD.

# *Table of Contents*

<u>CHAIRMAN'S REMARKS</u>	<u>Page 7</u>
DOMESTIC VIOLENCE	9
Definition of Domestic Violence	9
What Causes Domestic Violence?	11
Do Women Engage in Domestic Violence?	12
How it Starts	12
The Cycle of Violence	13
The Victims	14
Why People Stay in Abusive Relationships	15
If You Are Abused: Before and After the Attack	16
After the Attack	16
How the Act Works	17
Guidelines for Police Officers in Dealing with Domestic Violence	20
Police Powers and Duties Under the Act	21
Some Places to Seek Help	22
DOMESTIC VIOLENCE AND HUMAN RIGHTS	23
Societal and Institutionalized Oppression by Christopher Holder	29
<b>PART TWO</b>	<b>38</b>
CHILD ABUSE	39
Physical Abuse	72
Neglect	73
Emotional Abuse	74
Sexual Abuse	74
Why Would a Parent Abuse a Child?	76
What to do if a Child Tells You About Abuse	78
If You Suspect a Child is Being Abused	79
What Happens When a Report is Made: The Intervention Process	80
Charging a Parent With a Crime	81
Children in Court	82
If You Are an Abused Child	82
If You Are An Adult Who Was Abused as a Child	83
Some Questions and Answers	83
Where to Write for More Information	85
PARTNER ABUSE	86
The Continuum of Abuse	88
Some Warning Signs in a Relationship	90
Power and Control	92
Why it Happens	94
Children Who Witness Partner Abuse	96
Child Abuse in Violent Families	98

**MEN AGAINST VIOLENCE AGAINST WOMEN (MAVAW) 2002 REVISED TEXTBOOK**

Obstacles to Leaving	99
If You Are Abused: Where to Call for Assistance	105
Calling the Police	106
Victim/Witness Assistance	106
Other Legal Options	107
Safety Planning	108
Some Questions and Answers	110
ELDER ABUSE	112
Financial Exploitation	113
Emotional Abuse	114
Physical Abuse	115
Neglect	115
Why it Happens	116
Why Elder Abuse Goes Unreported	118
What to Do If You Suspect an Elderly Person is a Victim of Abuse	119
If You Are Abused	121
Victims and Caregivers: Where to Go For Information	121
SEXUAL OFFENCES	123
Rape	123
Incest	130
A PERSONAL PROFILE:	
Evaluating Your Health by Christopher Holder	135
MAN TALK 2005	142
A letter to Bert Hoff Introducing the BSD Syndrome by Donald D. Berment, MAVAW	142
More on Father's Rights: The State Matriarchy by Paul C. Robbins PhD.	145
Common Questions About Domestic Abuse Against Men by Men's Activism News Net	150
Getting the Facts: Research About Domestic Violence Against Men	152
The Aim Framework by Michael Kaufman PhD.	154
Borderline Personality Disorder BPD by Bert H. Hoff, Author, Webmaster	194
Abused Men by Phillip W. Cook, Author	200
DV a Holistic View by Richard Davis, Author	207
The Power and Influence of the Parent—Child Relationship by Robert Moultrie MD	232
Let Us Build A Peaceful Society by David Law, MAVAW	236



**CHAIRMAN'S REMARKS.**

Dear Citizens,

The following is the truth, the whole truth and nothing else but the truth!

1. *An 8 year old daughter cries out in pain in the middle of the night beseeching her father "Daddy it's paining, stop hurting me, I can hardly breathe."*
2. *A young mother of four lies on the pavement, bleeding profusely from a wound to her chest, gasping for breath she cries, "My husband stabbed me, please take the children by my mother."*
3. *A ten year old girl is found lying in a pool of blood at the back of her home. She subsequently is pronounced dead on arrival at the hospital. The autopsy revealed that there were signs of sexual assault and death was due to shock and hemorrhage consistent with stab wounds to the back and neck.*

What an introduction to MAVAW's message to the citizens of our nation! Awareness of male predominated violence in our society is the primary objective of these opening statements. MAVAW's philosophy is that social order is created in the homogeneity or commonality of ideas that create beliefs, consciousness, feelings and aspirations.

Pursuant to this philosophical base, MAVAW is pleading to all the fathers, grandfathers, sons, grandsons, brothers, husbands, boyfriends, uncles and nephews to respond positively to our message.

MAVAW's Male Awareness questions to all males in Trinidad and Tobago are: -

*"Do you directly or indirectly contribute to male dominated violence?" or*

*"Do you directly or indirectly take immediate action to eradicate violence against our women and children?"*

Great sociological minds have collectively concluded that social problems are caused by both individuals and the established social system. Beholding this conclusion, MAVAW has examined the social and cultural institutions in our society that can influence our social behaviour. As such we have published this handbook that will convincingly open the eyes of our population to the following issues.

1. The sensitivity of gender issues.
2. The role and nature of parenthood.
3. Tips on stress management and conflict management.
4. Holistic Health.

**DEFINITIONS**

Holistic Health has transcended the boundary of physical, mental and social aspects and includes intellectual and spiritual.

MAVAW is desirous of unveiling whether the male dominated groups, organizations and institutions promote violence.

For example, the Police Service, Prison Service and Defence Force and to a lesser extent, the Fire Services are trained to be violent because of the nature of the required duties. In certain aspects the training modules involve excusable homicide because officers are trained to kill.

MAVAW is of the view that since 90% of the officers in these services are males, then there is a high probability that they may be prone to acts of violence.

Therefore, we are humbly asking the Chief Executive Officers of these respective protective services to look within their organizations and determine what level of male dominated violence comes from within their fold.

Similarly, we are challenging all other male dominated public services and public institutions, even the Parliament of Trinidad and Tobago to do some introspection on the issue of male dominated violence to determine the similar objective.

This awareness is also extended to the political parties, private groups and organizations, which are male, dominated.

For Male Awareness we are advocating that there should be persistent examination of male violent behaviour in our Society.

The genesis of the feminist movement brought forth two major issues over three decades ago. They are: -

1. Discrimination of housewives and housework and
2. Domestic Violence

Today, domestic violence is still deeply entrenched in the culture of our society; notwithstanding, housewives have gotten some considerable relief.

It is against this background that MAVAW feels that because of number of males committing domestic violence, there is dire need for a masculine perspective on this potential or imminent social disintegration, firstly of our society in Trinidad and Tobago, then our Caribbean region and the International community.

MAVAW proposes the question, "Can a masculine perspective unravel the root causes and any inherent gender deficiencies or biases in acts of sexual violence against any person committed by males?"

To further illuminate this consciousness, we have identified some long, medium and short term projects as follows:

1. The acquisition of a Transitional Home for men who have to be separated from the family unit.
2. Community seminars by our young and adult males on gender issues.
3. A gender sensitive calypso competition.

MAVAW intends to raise funds to finance the Transitional Home and this exercise will begin with the promotion of a car raffle.

MAVAW will utilize other creative methods to generate funds to achieve our objectives outlined. But, most importantly, MAVAW is looking forward for support from the community at large.

MAVAW is confident that once there is a concurrence of the social and cultural programmes and positive responses to our call, male dominated violence will be eradicated together with the growing incidence of feminine violence.

CHRISTOPHER HOLDER  
Police Sgt. NO. 10089 B.Sc (Hons.) B.Sc. Criminology.

# **Domestic Violence**



Generally the term domestic violence is used to refer specifically to abuse of a wife by a husband, mainly because this is the most prevalent type of abuse. In reality, domestic violence is concerned with the many types of abusive relationships that can exist in a domestic setting.

Prior to 1991 domestic violence offences were treated as part of other offences without differentiation as to its particular nature e.g. a man strikes his wife or vice versa, causing injury was classified as Assault and Battery or some related offence.

With the advent of The Domestic Violence Act No. 10 of 1991 all such crimes occurring between certain specified persons were being classified as domestic violence.

There has also been a steady increase in the reporting of such crimes as victims become more aware of their rights and counselling and intervention agencies become more active.

However, Act No. 10 of 1991 was replaced by Act No. 27 of 1999.

## **Definition Of Domestic Violence**

Under the act, domestic violence includes physical, sexual, emotional, psychological, or financial abuse committed by a person against a spouse, child and any other person who is a member of the household or dependent.

### **PHYSICAL ABUSE**

This means any act or omission which causes physical injury and includes the commission of or an attempt to commit any of the offences listed immediately below: -

#### **Summary Offences Act, Chap. 11:02**

- Assault and battery.
- Assault upon children, women and old, infirmed, sickly persons.
- Aggravated assaults causing wound or harm.
- Violent or obscene language or disturbance of the peace.
- Possession of weapons intended for crime.
- Throwing stones or other missiles.
- Inciting animals to attack.
- Misuse of telephone facilities and false telegrams.

**Malicious Damage Act, Chap. 11:06**

- Setting fire to a dwelling house, any person being therein.
- Conspiracy to set fire.
- Destroying or damaging a house with gunpowder, any person being therein.
- Attempting to destroy buildings with gunpowder.

**Offences Against the Person Act, Chap. 11:08**

- Conspiring or soliciting to commit murder.
- Attempted murder.
- Sending letters threatening to murder.
- Shooting or wounding with intent to do grievous bodily harm.
- Inflicting injury with or without weapon
- Attempting to choke, etc. in order to commit any indictable offence.
- Using drugs, etc., with intent to commit offence.
- Administering poison, etc. so as to endanger life or inflict grievous bodily harm.
- Administering poison, etc., with intent to injure or annoy.
- Exposing children so that life endangered
- Causing bodily injury by explosive substance.
- Use of explosive substance or other noxious thing with intent to do grievous bodily harm.
- Attempting to blow up buildings.
- Drivers of vehicles injuring person by furious driving.
- Procuring abortion.
- Procuring drugs to cause abortion.

**Children Act, Chap. 46:0 1**

- Punishment for cruelty to children and young persons.
- Suffocation of infants.
- Begging.
- Exposing children to risk of burning.
- Allowing children or young persons to be in brothels.
- Causing, encouraging or favouring seduction or prostitution of young girls.

**Sexual Offences Act, 1986**

- Rape.
- Sexual assault by a husband in certain circumstances.
- Sexual intercourse with a female under fourteen.
- Sexual intercourse with a female between fourteen and sixteen.
- Sexual intercourse with a male under sixteen.
- Incest.
- Sexual intercourse with adopted minor.
- Sexual intercourse with mentally subnormal person.
- Buggery.
- Serious indecency.
- Procuration.
- Procuring defilement of a person.
- Detention of a person.
- Abduction of a female.

#### **SEXUAL ABUSE**

This includes sexual contact of any kind that is coerced by force or threat of force and the commission of or an attempt to commit any of the offences aforementioned under the "Sexual Offences Act, 1986". However, one must be aware of the Amendment Act o 31 of 2000.

#### **EMOTIONAL OR PSYCHOLOGICAL ABUSE**

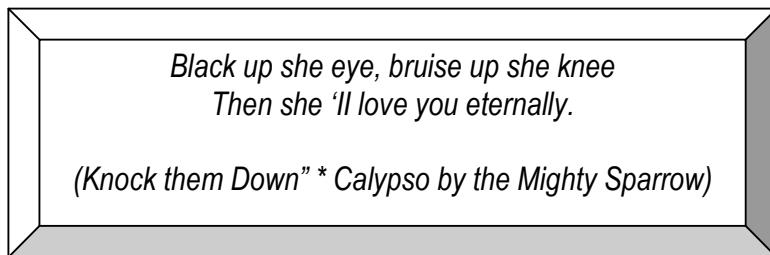
This means a pattern of behaviour of any kind, the purpose of which is to undermine the emotional or mental wellbeing of a person including:

- Persistent intimidation by the use of abusive or threatening language.
- Persistent following of the person from place to place.
- Depriving that person of the use of property.
- The watching or besetting of the place where the person resides, works, carries on business or happens to be.
- Interfering with or damaging the property of the person.
- The forced confinement of the person.
- Persistent telephoning of the person at the person's place of residence or work.
- Making unwelcome and repeated or intimidatory contact with a child or elderly relative of the person.

#### **FINANCIAL ABUSE**

This means a pattern of behaviour of a kind, the purpose of which is to exercise control over, or exploit or limit a person's access to financial resources so as to ensure financial dependence.

## ***What Causes Domestic Violence?***



There is no real answer to this question since motive may vary from individual to individual and in some cases apparent motive may even be absent. However, since over a larger percentage of all physical domestic violence acts are committed by men we need to note some of the established reasons why men do it.

1. The myth that women need and expect to be controlled and reminded that men are the bosses. Some men treat this myth as reality, hence the sentiments expressed in Sparrow's calypso, noted in bevel above.
2. They believe that as the traditional head of the household it is their duty and responsibility to dispense discipline to everyone under their "control", adults and children included.

3. The biblical story of Adam's rib, and the common law of conjugal rights have been used to reinforce the false belief that men are superior to women, and so the latter must surrender to their will.
4. Peer pressure leads some men to protect their ego by showing their strength lest they be called a "mamapool" (stupid) man.
5. They know that the police and other authorities are often reluctant to intervene in what they consider to be a private family matter.
6. They realise that they possess superior physical strength over women, children and the elderly and often take advantage of this.
7. Some men were themselves victims of abuse and violence, and studies have shown that such persons have a propensity to perpetuate this cycle of abuse.
8. Men often commit such acts whilst under the influence of alcoholic drinks or illegal drugs.
9. Insecurity, low self esteem, and poor communication skills all contribute to the problem because some men take their frustrations out on their partners and/or dependants.

## ***Do Women engage In Domestic Violence?***

Women commit acts of domestic violence for the same reasons as outlined in 7 - to 9 above. In other instances they retaliate to abuse received from men, or try to assert their own authority in the face of changing gender roles. The majority of their victims are children. The Domestic Violence Act was created to deal with abusers of either sex. However we will concentrate more on male generated violence in this Section of our Handbook.

*In the Section: "Man Talk" of this Revised Edition of MAVAW's 2002 Domestic Violence Awareness Handbook, you will read the views from a variety of men working in the area of "Violence Reduction" based on their personal studies, experiences and conceptions on the issue of Domestic Violence.*

## ***How It Starts.***

*The 37 year old mother of five who was brutally stabbed and two of her children killed said that her attacker would not accept her decision to end their relationship.  
"I will kill you if you ever leave me" he told her.*

In most cases of domestic violence, a man starts off using verbal taunts and emotional abuse to hurt his mate. His goal is to dominate and control her. He wants her to obey him. He wants to convince her that she is dependent on him. In most cases the violence comes later, after the woman has been worn down by psychological abuse.

Some of the methods an abusive male used to dominate and control his mate are listed below:

- **ISOLATION**

Abuse only thrives if it is kept secret. To isolate his mate from other people, an abusive man will prevent his mate from seeing her friends, or yell at her when she talks on the phone. He will rationalize his actions by telling her he loves her so much he wants to be with her twenty-four hours a day.

- **JEALOUSY**

Overly suspicious and insecure, an abusive male will demand to know where his mate is at all times; he will not believe her when she tells him where she is going, and follow her. He will open her mail, eavesdrop on her phone calls, or constantly accuse her of having an affair.

- **CRITICISM**

An abusive male will do what he can to belittle and demean his mate. He might tell her she is no good, "and I don't know how I got stuck with you," or tell her she is ugly, stupid, fat or frigid. He might try to make her feel worthless by insulting her in front of her family, friends, and co-workers. He will do what he can to undermine her self-esteem.

- **DEMANDS**

An abusive male will make demands that are impossible for his mate to keep. Even if she meets them, he will tell her she has failed. He might always expect her to look a certain way, and to keep a spotless house. In most cases, he will resent any changes she makes, especially if she does not consult him first.

- **RULES**

To control his mate, an abusive male will make up a strict set of rules that she must obey. She may be forced to turn over her pay cheque to him and has to ask him anytime she wants to buy something. He might set a curfew for her, or not let her leave the house without him. He will try to convince her he has the right to punish her if she disobeys these rules.

- **THREATS**

An abusive male will try to intimidate, threaten, and harass his mate into obeying him. He might intimidate her by yelling at her and throwing objects across the room; he might threaten to hurt her, or her children, if she disobeys him. The threats probably will get more severe with time; after a while, he might tell her he will kill her if she ever leaves him.

## ***The Cycle Of Violence.***

*Wife killer faces the Hangman". The court heard that the accused stabbed his wife in the presence of an off-duty policeman. When arrested the accused said "I don't care if you kill me because I make up my mind to kill her."*

*- The Guardian. 12/3/96*

It may take months of verbal bullying and emotional abuse to turn into physical violence, or it may take days. Similarly, an assault can take five minutes or as long as an hour; it can happen every day, or only once a year. In almost all abusive relationships, however, the violence gets increasingly worse, until the woman is seriously injured. In fact, if she waits too long to get help or leave the relationship, she might be killed.

Most abusive relationships follow similar patterns. In almost all cases the man will refuse to take responsibility for his actions. He probably will blame his mate for the abuse, saying, "It's all your fault, 'You're a nag', 'You drove me to it,'" or, "You deserved it, "You didn't do what I told you." In other instances he might blame stress, family problems, alcohol, or drugs, for the abuse, but he will not consider himself an abusive male.

Although some relationships deteriorate once the abuse starts, others go through cycles of good and bad days, of violence and forgiveness. The three stages of the cycle are: -

### **1. TENSION**

In this stage, the woman and man both realize the abuse will start again, but neither knows when. The man becomes increasingly irritable and angry, and the woman becomes frightened. She will do all she can to try to appease him even though she knows her efforts will be unsuccessful. The man feels overwhelmed with life's pressures and his own feelings of inadequacy. He might start to drink a lot or use drugs. He will not ask for help or discuss his problems. Instead, he will turn his frustrations on to his mate. He will expect more and more from her; nothing she does will be right. He will begin to scream and shout at her, throw objects or slam doors, but he will not feel a sense of release, and may therefore progress to physical assault on his mate.

### **2. VIOLENCE**

During this "battering" stage, the man explodes and turns all his fury onto his mate. He will physically attack her; he might slap, push, hit, punch, choke, beat, shove, restrain or rape her. He might throw her down the stairs, bash her head into the wall, or try to strangle her. Violence helps him to feel powerful and in control. If she tries to resist or reason with him, he will get even angrier. He might strike her harder, fracturing her skull or breaking her nose. In most cases, he will beat her until he exhausts all his frustration and rage. This cycle will be repeated over and over again.

### **3. REMORSE**

Also called the "honeymoon phase," this stage of the battering cycle centers around a man's attempt to win back his mate. He might apologize and seek her forgiveness, or try to charm her. He might promise to get help, or tell her he will change. In most cases, he will try to rekindle her hope by showing her just how good the relationship can be. In many cases, she will believe him and stay with him, and the cycle of violence will begin anew.

## ***The Victims.***

*Marital Violence also has a detrimental effect on children. Every day hundreds of children are subjected to extreme physical violence that can seriously maim or kill them.*

Many people falsely believe that domestic violence is “only a lower-class problem”. In fact, there is no “typical victim”; any woman can be battered by her mate. Domestic violence cuts across all races, ages, and economic backgrounds. It affects wealthy professional women as well as the poor and unemployed; it’s just that wealthy women are less likely to report the abuse to the authorities.

Some experts estimate that 50% of women in heterosexual relationships are victims of domestic violence, i.e. single, married and divorced women. In fact, domestic violence is a pervasive social problem that causes more injuries to women than muggings, rapes or car accidents altogether.

## ***Why People Stay In Abusive Relationships.***

*Women bashed to death — Man on the run. A friend of the deceased said that several complaints had been made to the police about the man's continued abuse, but was told that the man would have to attack her before they could arrest him.*

1. Emotional or economic dependence on the abuser. This is particularly so in the case of women and children.
2. FEAR: Afraid that the abuser will commit some bodily harm to, or damage the property of the victim, or the victim's children if the victim leave or complains.
3. RELIGION: Some religions frown upon divorce or the break up of the family system. “Till death do us part”, becomes a reality.
4. FAMILY PRESSURE: Some victims have little or no family support if they are being abused. Marital vows become more important than physical or mental abuse.
5. HOPE: Many abused women continue to love their mates. A battered woman might stay with her mate because she pities him, and knows he has a problem, or she might continue to hope that he will stop being abusive. In many cases, abused women do not want the relationship to end; they just want their mate to get help. They only want the abuse to end.
6. LACK OF OPTIONS: Many women would leave if they could. They may feel trapped, as though they have nowhere to go, no one to help them. They may not be aware of their legal rights or options, or they may have heard that the police will not assist them if they call for help. Brainwashed by their mates, they may not believe they could survive on their own if they did leave.
7. SHAME: Battered women often are embarrassed to be in an abusive relationship. They do now want their friends and family to know that their “storybook marriage”, is less than ideal, that their “Prince Charming” is badly flawed. Aware that their relationship is “not the way it is supposed to be”, they try to deny the abuse, both from themselves and from the rest of the world.

## ***If You Are Abused, Before/After-the Attack: - Before The Attack!***

If you are abused, you must reach out and talk to someone to break the secrecy and isolation that shrouds the abuse. You must get help. Remind yourself you are not to blame for the abuse. Nobody deserves to be beaten. Spousal abuse is a crime.

If you think an attack is imminent, consider leaving, at least temporarily. Ask a relative or friend if you can stay with them, or call a shelter. (Even if you do not want to stay in a shelter, staff can provide you with invaluable support and advice). In cases where it is difficult for you to leave without arousing suspicion, make up a daily ritual that will enable you to escape quickly.

For instances, make it a habit to take out the garbage late at night, or to go for walks at odd hours. Prepare for an emergency situation by hiding a spare set of car keys, or saving extra money for bus or cab fare. Leave a change of clothes at a friend's house, or rent a safe-deposit box at a local post office. Go to the local police station after you leave, and ask a police officer to accompany you back to your residence, to get the children and your belongings.

### **Remember**

Your children also are in danger if you leave them behind. In fact, in some cases, if you do not take your children with you when you leave, you might be later accused of abandoning them.

When you sense an oncoming attack, and you cannot escape, do what you can to protect yourself from injury. Stand near a door or window, somewhere providing easy access to the outside, or near a door that can be locked from the inside. Try to protect your face, chest, and abdomen from assault. Do not reason with him, or try to retaliate. In most cases, it will just get him angrier. Do what you can to save yourself.

If you can, call the police. Even if you do not want to file a criminal complaint against your mate, you can ask the police to provide temporary protection. If the attack is serious, the police usually can make an arrest; they also can take you to a shelter, or for medical treatment, and provide you with helpful information on your legal rights and options.

## ***After The Attack!***

*In one case the woman was struck with a boulder, and as she fell unconscious, the man forced open her mouth and poured gramoxone down her throat. He then drank the remainder of the contents of the bottle. Both died subsequently.*

If you are injured, seek medical treatment immediately and ask the attending physician to document your injuries by taking photographs. They can be used as evidence if you later

choose to seek court protection, or file criminal charges. Save torn and bloodied clothing, broken or damaged objects - anything that can serve as evidence of abuse.

In most cases, you will have to be the one to initiate action if you want the abuse to stop. Remind yourself that domestic violence is a crime, which you do not deserve to happen to you and do not have to tolerate it.

Call a shelter or domestic crisis centre for advice and support. Even if you do not want to leave home at this time, you can ask a counsellor about your options. Shelters also provide a wide array of services, including medical and legal services, child care, counselling, and employment. Contacting a shelter can help you to regain control of your life.

## ***How The Act Works.***

*According to domestic violence statistics since the inception of the Domestic Violence Act, on April 30, 1994 some 8,297 applications for protection orders against violent spouses had been filed.*

*- Newsday, 8/19/96*

### **PROTECTION ORDER**

The following persons may apply for a Protection Order: -

1. A spouse or former spouse, a cohabitant or former cohabitant.
2. A person who habitually resides in the same dwelling house as the applicant or respondent and is related to the applicant or respondent by blood, marriage or adoption.
3. A child - a person under the age of eighteen years who ordinarily or periodically resides with the applicant, whether or not the child is a child of the applicant and the respondent or either of them, and includes an adopted child, stepchild, or a child who is treated as a child of the family but not a person who is/has been married.
4. A dependent - a person over the age of eighteen years who by reason of physical or mental disability, age or infirmity is reliant on either the applicant or respondent for his welfare.
5. A parent - a person who is a parent or grandparent in relation to a child, dependent, spouse or respondent as the case may be:
  - (a) By blood;
  - (b) By marriage;
  - (c) By adoption; or
  - (d) Within the meaning of the Family Law (Guardianship of Minors, Domicile and Maintenance) Act.

6. A sibling by blood or affinity of either the spouse or respondent, not being a member of the household.
7. A person who has a child in common with the respondent.
8. A person who is or has been in a visiting relationship with a person of the opposite sex for a period exceeding twelve months.
9. A person with whom the child or dependant normally resides or resides with on a regular basis or any adult member of his household.
10. A police officer.
11. A probation officer.
12. A person experienced or qualified in social welfare and approved by the Ministry of Legal Affairs.

The application must be made by going to the Clerk of the Magistrate's Court for the district where the alleged abuse took place and filling out a form 1 application.

A hearing is then set no more than 7 days from the date of application.

The respondent (alleged abuser) must be served with a copy of the application and summoned to appear in court on the date of the hearing. Most applicants will have a lawyer to represent them and evidence from witnesses and medical records (if available) will be collected for presentation in court.

At the hearing the applicant will present evidence of domestic violence and once the Magistrate is satisfied on a balance of probabilities (civil standard) that the respondent has: -

1. Engaged in or threatens to engage in Domestic Violence acts and unless restrained will engage in such acts.
2. Engaged in conduct of an offensive or harassing nature to the victim and the complainant is fearful of physical or mental injury to the victim.

Then the court shall issue a Protection Order restraining the respondent from engaging in such conduct. This order may also order: -

1. That the abuser stays out of the home even if it belongs to him/her.
2. Prohibit him/her from going to the victim's home or workplace or speaking or sending messages to the victim.
3. Order him/her to provide reasonable care and maintenance for a child or dependent.

4. Direct him/her to return property of the victim which is in his/her possession, or prevent him /her from taking possession of specified personal property which is reasonably used by the victim.
5. Direct the applicant or respondent to seek appropriate counselling or therapy from an approved person or agency.
6. Specify conditions subject to which the respondent may be on premises or in a locality which the victim frequents.
7. Prohibit him/her from causing another person to do any of the things which he/she is directly prohibited from doing.
8. Relinquish to the police any firearm licence, firearm or other weapon which he/she may have in his/her possession or control and which may or may not have been used during the incident.

**A PROTECTION ORDER** remains in force for any period specified by the court, but such period shall not exceed 3 years. When an application for a Protection Order is made the following can be granted or obtained: =

1. INTERIM PROTECTION ORDER: The court may also issue an interim protection order pending the determination of the application. This procedure recognizes the fact that it is not always possible to complete the matter on the first hearing and it may be necessary to ensure the safety of the applicant. It will usually prohibit the respondent from engaging in any of the conduct complained of in the application.
2. THE UNDERTAKING: The court may also exact a signed undertaking from the respondent to refrain from engaging in conduct of the nature specified in the application and in conduct that would constitute a domestic violence offence. It may contain the same conditions as a protection order and carries similar weight.

#### **DEALING WITH THE ORDER**

A copy shall be served:-

1. Personally on the respondent.
2. By registered post to the last known address of the respondent.
3. Leaving the document at the last known address of the respondent.
4. By advertisement in two daily newspapers which service is deemed to have been effected at midnight on the date of the later advertisement, the cost to be borne by the applicant.
5. Any other person whom the order is to apply whether or not the person is a party to the proceedings.
6. The police officer in charge of the station located nearest to the area where the respondent or applicant resides.

## ***Guidelines for Police Officers in Dealing with Domestic Violence.***

Quick and decisive action by the police can often avert a potential disaster. They must be prepared to put aside their feelings and prejudices and to act in a professional manner to minimize the extent of domestic violence. Even though some victims are reluctant to press charges against the perpetrator, this is no excuse for police officers failing/refusing to carry out their sworn duty to protect and serve. Failure to take appropriate action is a neglect of duty punishable by disciplinary action.

### **WHEN A REPORT COMES**

#### **1. REPORT OF THREATS:**

- Record the report in the station diary.
- Interview and warn the person against whom the report is made.
- Record in the station diary the action taken with respect to the report.

**NOTE: If the report amounts to an offer or threat to do immediate violence to the victim this is an assault which is punishable by law.**

It is an offence for a person to use obscene, indecent or profane language to any resident or person in any place to which the public is granted access. Using insulting, annoying, or violent language to another with intent to, or which might tend to, provoke such person to commit a breach of the peace is also a crime.

If a subscriber permits his telephone to be used for making profane, obscene or abusive language or does nothing to stop its use for such purpose after being given reasonable notice, of such acts or makes or permits annoying calls to be made to another subscriber, then the telephone company has the power to suspend and if the problem is not corrected, to permanently disconnect the service to the offender.

Caller I.D. might assist in identifying offensive calls.

#### **2. REPORT OF VIOLENCE RESULTING IN PHYSICAL INJURY:**

- Record the report in the station diary and then dispatch or take the victim to seek medical attention.
- A female officer must accompany a female complainant for treatment unless circumstances make this difficult.
- If necessary a female victim should be accompanied to a safe house.
- The report must be investigated and the medical report assessed to determine the appropriate action to be taken.
- Advise the victim of the procedure to obtain a protection order.
- Refer the report to the relevant section of the Police Service for monitoring.

#### **3. REPORT OF SEIZURE OR DESTRUCTION OF PROPERTY:**

- Record the report in the station diary.
- Investigate and determine whether a crime has been committed and take the appropriate action.

In all of the above cases it is advisable to take a written statement from the victim. If the victim refuses to consent to criminal action being taken this fact must be recorded and the victim advised of civil remedies or to seek the advice of an attorney.

If the perpetrator is a police officer then the complaint should also be referred to the Police Complaints Division for action by them.

## ***Police Powers and Duties under the Act.***

Generally police officers have the power to arrest without warrant any person who commits any breach of the peace or offence in their presence (traffic offences are debatable). In addition, when a breach of the peace or an offence is committed in their absence, the power to arrest without a warrant for any **arrestable offence** is granted under the Criminal Law Act, Chap. 1 0:04. **Non-arrestable offences** committed in their absence do not give police officers such power to arrest without warrant, except in cases of "aggravated assault" (an assault against the person of children, women, old infirmed persons or handicaps, etc.).

In addition to his other powers of arrest, a police officer under the Domestic Violence Act has the following powers and duties: -

1. A police officer must respond to every complaint or report of domestic violence.
2. A police officer responding to a domestic violence report must complete a domestic violence report which shall form part of a National Domestic Violence Register to be maintained by the Commissioner of Police.
3. A police officer, under the Criminal Law Act, can enter premises without a warrant (having been refused permission to enter the premises) for the purpose of giving assistance to a person reasonably suspected to have suffered or is in imminent danger of physical injury at the hands of another person in a situation amounting to domestic violence.
4. Where a police officer exercises the power of entry (3) he must immediately submit a written report to the Commissioner of Police.
5. A police officer who has been refused permission referred to in (3) above, can also obtain a warrant from a Magistrate authorising him to enter the premises specified in the warrant at any time within twenty-four hours after the issue of the warrant.
6. Where a police officer has entered on to premises he must:
  - Give assistance to a person, who has suffered injury,
  - ensure the welfare and safety of a child who may be on the premises, and
  - prevent any further breach of the law.
7. Where an Order is in force and a police officer believes on reasonable grounds that a person has committed or is committing a breach of the Order, he may detain and arrest that person without a warrant.

## ***Some Places to Seek Help.***

THE SHELTER FOR BATTERED WOMEN 40 Woodford Street, Newton Port of Spain	622-7273 or 622-RAPE
THE HALFWAY HOUSE Anand Circular Drive, Harmony Hall, Gasparillo	650-2684
NATIONAL FAMILY SERVICES Anchorage House, Independence Square, Port of Spain	
THE LEGAL AID CLINIC Hugh Wooding Law School, Gordon Street St. Augustine	662-5835
THE LEGAL AID AND ADVISORY AUTHORITY Oxford & Edward Street, Port of Spain	625-0454
TRINIDAD AND TOBAGO RAPE CRISIS SOCIETY	622-7273
COMMUNITY POLICING SECTION Police Headquarters, Edwards & Sackville Street Port of Spain	623-0744
WOMEN'S RESOURCE AND RESEARCH CENTRE Charford Court, Charlotte Street, Port of Spain	
TOWERS SHELTER FOR WOMEN Mt. Grace, Tobago	
MEN AGAINST VIOLENCE AGAINST WOMEN (MAVAW) Contact Donald Berment	637-0924
SAMMAN SHELTER 1 7A Lady Chancellor Hill, Port of Spain	628-4218
FAMILIES IN ACTION 82 Maraval Road, Port of Spain	628-2333 or 622-6952
HARMONY HALL HALFWAY HOUSE Anand Circular Drive Gasparillo	650-2684
A LADY BY THE WAYSIDE 1 Mt. Hololo Road, Mt. Hololo, Cascade	624-7084
HOPE CENTRE HOME FOR NEGLECTED AND ABUSED CHILDREN Pointe-a-Pierre Road, San Fernando 657-9630	

# **Domestic Violence and Human Rights**

This topic is massive and as such I must put it into some perspective in order to gain some insight into psychological and physical abuse in domestic settings for which the right to life frequently becomes lost.

**MAVAW'S - MEN AGAINST VIOLENCE AGAINST WOMEN** approach to this debate centers around the predominance of the male homo sapien inflicted violence and the apparent infection of the "domestic violence disease."

What are some of the sources of this universally undesirable behaviour? Human rights have been declared and have been pronounced by legal luminaries as "inalienable rights" which preceded any constitution on the globe. As a matter of fact, Section 4 of the Constitution of Trinidad and Tobago in recognition of these fundamental god given human rights unequivocally, has enshrined in it these natural rights and freedoms.

Just to mention a few for example: -

1. *The right of the individual to life, liberty, security of the persons and enjoyment of property and the right not to be deprived thereof except by due process of law;*
2. *Freedom of conscience and religious belief and observance;*
3. *Freedom of thought and expression;*
4. *Freedom of movement.*

Therefore, one can envision that each homo sapien should be allowed to develop as the individual designed by the creator to embrace all natural human characteristics and free of any form of "social dysfunction.

" Domestic violence is one form of "social dysfunction."



## What is Domestic Violence?

Most often, Domestic Violence is used to refer specifically to psychological and physical abuse of a wife by a husband, mainly because this is the more recorded/noticed type of abuse. In reality, domestic violence is concerned with the many types of abusive relationships than can exist in a domestic milieu (setting), by both males and females.

**DOMESTIC VIOLENCE** in Accordance with the Laws of Trinidad and Tobago is as follows: Act 27 of 1999 describes it as the physical, sexual, emotional or psychological or financial abuse committed by a person against a spouse, child and other person who is a member of the household or dependent."

Here are some examples of psychological and emotional abuse, financial abuse, sexual abuse, and physical abuse, which can happen to spouses, children and dependents.

### PSYCHOLOGICAL ABUSE

- Criticize or call your partner names
- Force spouse to do housework to your standards
- Make spouse out to be stupid or crazy
- Treat spouse as a servant; act like the boss
- Ignore, 'blank', or refuse to listen to spouse
- Threaten to involve immigration
- Lie or deny what you have done
- Prevent spouse's contact with friends or family
- "Look at" other persons; threaten affairs
- Not let spouse go where/when spouse wants
- Sulk or withhold attention or support
- Make spouse account for every minute spent
- Listen to phone calls or open spouse's mail
- Manipulate the children to take sides
- Pound your fists or punch the wall
- Harass spouse by spying; stalking; checking up
- Threaten to harm other family members
- Threaten with weapon or object
- Not leave when asked
- Prevent spouse from leaving
- Threaten to commit suicide
- Deprive spouse of food or sleep
- Rip spouse clothes
- Swear, shout/scream in their face
- Use aggressive looks or gestures
- Tell spouse to leave
- Accuse spouse of having affairs
- Not keep to your agreements
- Twist spouse words
- Tell spouse what to wear
- Make fun of or humiliate spouse
- Interrupt or not let spouse speak
- Blame or make spouse feel guilty
- Make spouse do degrading things
- Throw food or objects around
- Smash up possessions
- Threaten to hurt spouse
- Drive fast or recklessly
- Stand over spouse
- Threaten to kill spouse

### FINANCIAL ABUSE

- You decide how the family income will be spent
- Make your partner ask or beg for money
- Make spouse account for every penny spent
- Leave spouse house-bound with all the child-care
- Sabotage spouse paid work
- Withhold money
- Be secretive about money
- Put spouse on an 'allowance'

### **SEXUAL ABUSE**

- Get angry if you don't have sex
- Touch spouse sexually when spouse doesn't want
- Use pressure or threaten to obtain sex
- Make spouse perform sexual acts forcibly
- Physically attack sexual parts of spouse's body
- Forced use of pornography
- Make fun of spouse sexually
- Treat spouse like a sex object
- Forced prostitution
- Force spouse to have sex

### **PHYSICAL VIOLENCE**

<ul style="list-style-type: none"><li>• Cut or slash with knife</li><li>• Push, pull or trip her</li><li>• Throw things at her</li><li>• Pin her to a wall or floor</li><li>• Violence to family/friends</li><li>• Smother her mouth</li><li>• Hold her under water</li><li>• Violence to children</li><li>• Choke or strangle her</li></ul>	<ul style="list-style-type: none"><li>• Bite, pinch or squeeze her</li><li>• Throw her around</li><li>• Violent sex/rape</li><li>• Sit or stand on her</li><li>• Poke or prod with finger</li><li>• Hold, grab or shake her</li><li>• Twist her arm or leg</li><li>• Slap, hit or spank her</li><li>• Use weapon/object against her</li></ul>	<ul style="list-style-type: none"><li>• Tie or lock her up</li><li>• Punch with fist</li><li>• Pull her hair</li><li>• Head-butt her</li><li>• Violence to pets</li><li>• Spit at her</li><li>• Kick or knee her</li><li>• Burn or scald her</li></ul>
--	---	--

Please examine your behaviour in domestic relationships and reflect on whether any of or some of the abuses delineated above have been or is being committed by you. If this is so there is an urgent need to understand why this is happening.

**MAVAW - MEN AGAINST VIOLENCE AGAINST WOMEN** in its search for a solution to the male dominated domestic violence researched some male centered studies.

These are: -

1. *Acquisition of Gender Roles* by two renowned researchers in Psychology, Roger Davies and Peter Houghton;
2. *Silent Sons*' by Robert J Ackerman; and
3. *The Human Male, a Men's Liberation Draft Policy* by Harvey Jackins

First let us examine ***The Acquisition of Gender Roles*** –

Roger Davies and Peter Houghton contended that a person's gender is determined biologically by the combination of sex chromosomes present in the cells of the offspring. Genetically a female has two (X) chromosomes while a male has one (X) and one (Y). In sexual reproduction the mother contributes one of her two (X's) to the offspring and the father either his single (X) or his single (Y). Thus, it is the father's contribution that determines whether the child is a male or female.

However, they submitted that although the sex of the offspring is determined by chromosomal and hormonal factors; the way in which individuals behave with respect to masculinity or femininity is very much influenced by the society and culture in which they

are nurtured. Studies suggest that sex roles are learned and that within any society or culture there exist rigid stereotyped ideas governing appropriate behaviour that may also change overtime within a culture, as what was considered appropriate masculine and feminine behaviour a few decades ago no longer applies, or at least not to the same extent.

TABLE AA SEX-ROLE STEREOTYPE IN WESTERN SOCIETY

<b><i>Masculine</i></b>	<b><i>Feminine</i></b>
Aggressive	Non-Aggressive
Dominant	Submissive
(Independent)Strong	(Dependent) Weak
Competitive	Non-Competitive
Ambitious	Un-Ambitious

It is against this background that the studies on “**Silent Sons**” should be viewed. It is argued that this study is for and about men who search for holistic health as men. It is about men who experienced pain as boys growing up in dysfunctional families and survived it. They appear to be fine but they carry their pain around quietly wherever they go. **These men are called “Silent Sons”.** They deny that they were negatively affected by the experience and continue to have problems in their lives.

They might come from a family that coped with violence, alcoholism, compulsive gambling, child abuse, verbal abuse, workaholism, divorce, extreme rigidity, or a variety of other problems.

The problems that they have in their lives today could include: -

- an inability to maintain relationships,
- an inability to control anger,
- A tendency towards workaholism or addiction, fear of intimacy, violent behaviour, or low self-esteem to name a few.

Some of the dominant characteristics of a “Silent son” are: -

1. He keeps things that bother him to himself
2. He denies that unpleasant events occurs
3. He fears letting people know him
4. He has difficulty interacting with his parents, spouse or children
5. He has a strong fear of criticism
6. He is angry
  - He cannot express his feelings
  - He disproportionately fears failure
  - He is obsessively driven to succeed
  - He desperately wants his life to be better, but doesn't know how to change.

Limited expression is the most significant of all the indicators of silence. The most often “Male bashing” statement heard is that “Men don’t have emotions.” In his opinion, the problem is that most men don’t express their emotions and as such they suffer from ***stress reflected disease - heart attacks, stomach problems and addictions.***

This study by Robert J Ackerman involved a nationwide analysis of men, conducted over the course of two (2) years in the USA. It included research data and extensive interviews with more than 400 men from thirty eight (38) states, approximately 300 of whom came from dysfunctional families.

Those interviews were intensive and revealed the feelings, emotions and insights that data alone could never impart.

Robert J Ackerman also interviewed over 100 women, each of whom is or was in a relationship with a Silent Son, either as a mother, spouse, lover, sibling or friend. This was a deliberate method applied by Ackerman in order that men hear what women really say about them.

According to Ackerman everyone thinks they understand what men are supposed to be, but few, including men themselves, really understand who men are.

Complementing this study is the ***Men’s Liberation Draft Policy***. This “Men’s Liberation Policy Statement” was drafted in 1998 through the cooperative efforts of many Co-Counsellors.

A first draft by Harvey Jackins was posted on the “Community” and “Men’s e-mail discussions” lists to several hundred Co-Counsellors for consideration and comments. Many comments were received and incorporated into a second draft.

Twenty-two men’s leaders were then called to a meeting where they worked in small groups discussing and expanding the document for several days. Therefore, a small group of editors finalized the statement which will soon be made available in a pamphlet, “The Human Male.”

However, this liberation policy was ushered in by persons in the Re-evaluation Counselling CRC) movement who realized that not only are men mistreated as all people in the society are, but that men are also specifically oppressed as men.

The RC movement is of the view that there has been no comprehensive programs for the liberation of men and the draft policy document will serve as a basis for widespread discussions of the world-wide situation for men; an introduction to men of the processes of discharge and reevaluation, and a framework for a men’s liberation movement.

Two (2) major issues have surfaced. They are: -

- (1) *Societal and institutionalized oppression and*
- (2) *Internalized oppression.*

Before we venture into the two (2) major issues certain concepts must be illuminated. These are follows: -

1. OPPRESSION: Refers to the interference with the freedom of an individual by other individuals or groups or societies (usually ultimately motivated by greed) through interference with the free will of one person or groups of persons for the advantage of another person or groups of persons. Oppression is the basis for the functioning of class societies.

2. LIBERATION: Refers to the program and process of freeing one's self and one's group from oppression.

3. DISCHARGE: Is a term used to collectively describe the various complex processes which accompany the release of tension from distress recordings of hurtful experiences; like memories of physical pain, discomfort, or emotional distress.

These releasing processes are dependably indicated by the physical manifestations of yawning, stretching, or scratching, sobbing, crying, shedding tears, shaking, trembling, perspiration from a cold skin, perspiration from a warm skin; laughter, shouting, violent physical activity (stamping, pounding); interested talking, relaxed talking, (reluctant, bored talking (particularly when accompanied by yawns) and "eager," excited recounting of experiences

4. RE-EVALUATION: Refers to the process, which occurs spontaneously after discharge, through which distress recordings are understood and turned into usable information.

5. INTELLIGENCE: As used here refers to the ability to create a new, successful, creative response to fit each new, present situation.

6. DISTRESS PATTERNS: Refers to a rigid set of "thoughts", behaviours, and feelings that is left by an undischarged experience (or experiences) of distress.

7. CLASS SOCIETIES: Refer to the structuring of society where one group of people oppress (exploit) another and has greater access to the resources of that society for the rationalized argument of better organization for production. There are three kinds of class societies: -

- Slave societies,
- Feudal societies and
- Capitalist societies.

8. DISTRESS RECORDINGS: Refers to all the information (sights, smell, voice, tones, gestures, posture, feelings etc.) that gets bound together in an unusable glob during the Distress experience and then is played over and over (like a record) in an inappropriate response to a new situation.

9. CONDITIONING: Is the psychological term for interrupting the free thinking of an individual or individuals by imposing a pattern which leaves the individual inhibited from acting on their own thinking but under pressure to succumb to the demands of other individuals.

10. CONTRADICT: Usually refers to “contradicting distress,” meaning helping the client to see that the distress recording is not present-time reality.

11. OPPRESSOR ROLE: Refers to the role of agreeing to carry out oppression. The person in the oppressor role has always been oppressed first. No one is able to assume the oppressor role without they having been extremely mistreated themselves first.

12. COUNSELLING: Refers to Re-evaluation Counselling a “well-defined-by-now practice” of listening and taking turns listening and allowing and assisting “discharge”, which has the effect upon participants of becoming intelligent where they had previously been confused.

### *What Is Societal and Institutionalized Oppression?*

This first issue explains that the male species of human beings has not been able to deal with the fact that we function in two completely different modes.

In the first mode we rely on the use of our flexibility where continual use of intelligence is suppressed and interrupted by an accumulation of distress patterns resulting from individual hurt experiences.

This pre-intelligent mode has led to the development of class societies and other oppressive mechanisms, which in turn enforce, maintain and support unintelligent rigidities on each new generation of humans.

The study emphasized that all groups of humans in our present societies are conditioned against the discharge and re-evaluation process, but the conditioning falls with special intensity upon males with the result that men are particularly set up as agents for the continuation of class societies and of all oppressions.

For example, the conditionings which have been upon men such as “big boys don’t cry,” “don’t be a scaredy cat,” “be a man,” “it’s a man’s job to die for his country,” begin in the very first movements and days of their lives.

These patterns begin to ruin the lives of males immediately, but also set them up to intelligently accept and perpetrate the oppression of all people. In most societies, the process of growing from boyhood to manhood is beset by a deliberate discouragement and suppression of men’s abilities to feel their own emotions and discharge the distressed ones.

Fear, grief, loneliness, and uncertainty are often covered over with pretence of "confidence."

For many men, the isolation that results from early violence to them, threats of violence and harsh expectations of "what it is to be a man" leaves them literally unable to recognize, admit and feel their feelings.

This conditioning is one of the elements that forces men to play the inhuman roles they are expected to play in society; be it in relation to women, to themselves to children, or to society as a whole. (This is because undischarged distress creates a compulsion to replay the original hurt sometimes in the victim role as in the original incident, but often in the perpetrator role).

*For all men to recover the ability and freedom to "feel their feelings" and not only "feel" but discharge their distress feelings and so recover their intelligence, is the recommended key survival process that needs support from all men, and from all humans (male and female).*

#### ***HUMAN RIGHTS TO DEVELOP NATURALLY—(The Opinion Shared By MAVAW Men)***

Men, like all human beings (*homo sapien*) are inherently good caring, gentle and warm.

Their excellent real nature is obscured and distorted by the heavy conditioning society puts upon them, but remains undamaged and recoverable.

Their inherent attitude as men is to oppose and prevent any enforced inequalities with regard to life, liberty, and the pursuit of happiness, and to support all efforts towards liberation from oppression.

When boys act violently, it must never be assumed that "all is normal."

Boys are never violent or aggressive except as a result of having been brutalized.

Some other mistaken notions widespread in present cultures, are that boys don't need to be held and nurtured in the same way girls do, or that there's a goodness and innocence present in women that is absent in men, or that it's good for boys to hurt and suffer the hurts alone in order to 'harden' themselves in preparation for manhood.

Some others are that men don't feel pain as much as women do, or that men are inherently compulsive sexually. None of these are true, and all need to be exposed and eliminated.

## *What Is Internalized Oppression?*

The second issue recognizes the fact that one of the results of the external, institutional oppression is the creation of distress recordings.

This means that the person who has been oppressed carries around recordings of feeling oppressed which, when re-stimulated, act upon him or her to produce feelings as if fresh oppression was coming from outside, even though no new oppression is taking place.

This is “internalized oppression,” and it operates so as to have the man believe the negative stereotypes of men.

Past invalidations seem to be still true to the victim. Internalized Oppression is the most insidious difficulty facing any oppressed group, and men are no different in this regard.

Most of the difficulties endured by men are caused by male internalized oppression. These recordings, when re-stimulated, leave the man on whom the recordings have been made feeling discouraged, isolated, guilty, depressed, angry, and vulnerable to reacting with other men’s negative recordings in mutual hostility, disappointment, etc.

The study states that the most effective means for contradicting men’s internalized oppression is to find ways for men to become intelligent parts of each others’ lives—to show their flexible, warm, mutually-appreciative selves to each other.

This goes to the root of the isolation internalized by individual men, makes it impossible for internalized oppression to drive men to hurt each other, and rocks the foundations of institutionalized men’s oppression.

For men to make close friends with men is to enable us to become aware of the conditioning that has been put upon us and to want liberation from it. As men reach for friendship with men from different class background, different cultures, and so on, they will inevitably deepen and enrich their awareness of, and their intense desire for, liberation.

*It sometimes may appear that directly raising the issues concerning men’s oppression is difficult.*

The main reason for this is that men’s stories have not been told—the “real” stories, that is, not just the “public” versions permitted by the oppression.

When the real stories are told then the issues become clearer.

Organizing men’s groups to take turns listening to individual men is a basic activity in men’s liberation.

Men need to reclaim an unshakable understanding of their own inherent goodness. At present men struggle to even notice that they don’t know they are completely good. This is a major obstacle to their quest to find ways to discharge the internalized oppression.

Being seen as the “bad ones” in society leaves men very little room for recovery from their hurts.

We have learned that, in many ways, the young one whose distress leads him (or her) to harm another young one can suffer more from the act, than the recipient of that act.

The one who has been hit on the head with the toy truck can be crying and receiving attention, while the one who did the deed can be stuck in feeling bad, and guilty.

The other people around are most often (even when they know and understand RC theory) confused about the goodness of the one who did the hitting. Under these conditions, it is very hard for someone who acts out a distress to discharge on it.

In RC's view, when a boy shows by an "unacceptable" act how he has been hurt, and is met with disapproval, punishment, violence, and the upset of adults and other young one's, we have 'pounded him into a very tight corner; even more so if the disapproval is expressed as blame for simply "being a boy". This is the situation for many men.

*The liberation of women and men go hand in hand. Because men have been used as the oppressor group toward women through the systematic installation of sexist patterns (beginning very early in the lives of small boys) they need to deal 'specifically with' the damage done to women by sexism.*

While it is not men's fault that they have been setup to be the oppressor group over women, men cannot afford any tolerance 'toward continuing to play that role.

The slightest oppressor act is completely unworthy of men's inherent excellence.

Explicit renunciation of that role and the correction of it by eliminating any sexism anywhere in society fall logically to men.

Not only can men throw off the oppressor role, they can also work to eliminate sexism from society. Men can assist women to eliminate their internalized sexism.

In the present human population of approximately five billion people and in the probably emerging population of the next decades, support of the female gender as a whole is tremendously important to all humans.

Large numbers of women world-wide still die in childbirth, lack adequate medical care and food during pregnancy, give birth -to, children who are shortly malnourished and ill, and receive little support from the men around them.

This will change as present oppressions are ended, as modern science increases the possible choices before women, and as reproduction of the species becomes a question of free choice by individuals.

But in all existing levels of society, a vital responsibility is enforced upon the female gender by their unavoidable role in the reproduction of the species.

*RC notes that in dealing with "the human male," for simple survival, ending the oppression of sexism and extra care and responsibility for support of women during reproduction and - child rearing is a basic responsibility of men and of all humans.*

RC states that there are Nine Principal Institutions which carry on" Oppression of Men."

They are as follows: -

1. <i>The armed forces</i>	6. <i>The sports industries</i>
2. <i>The criminal courts, police and prison</i>	7. <i>Schools</i>
3. <i>The exploitation of men as workers</i>	8. <i>Religion</i>
4. <i>The "sex industries"</i>	9. <i>The family</i>
5. <i>The alcohol, tobacco, pharmaceutical and illegal drug industries</i>	

There is a relationship among these institutions.

All oppression in some way serves the functioning of the economic system by which wealth is transferred from the working majority of the population to the owning-class minority of the population based on some legal structure, or through custom, or through undisguised greed.

These oppressive institutions are clearly not exceptions to this.

The owning classes of nations compete for natural resources and markets and often resort to military action, and war to protect their "national interests"; the workplace is the vehicle for accumulating wealth; the working majority would not agree to be exploited if not for the threat posed by the criminal justice system, and the addictive "power" of the sports, drug, and sex industries.

Schools, religions, and the family are the places where the messages about what it is to be a man are taught, where people are trained and re-trained for participation in the system and for submission to it.

*In our view, as forward thinking men committed to the democratic development of our beloved twin-island State of Trinidad and Tobago, the "Human Rights" approach to ending unacceptable behaviour is the best way forward and we thank and complement those men who have been forging a way forward towards achieving Equality With Equity then and now with their research development.*



**MAVAW - MEN AGAINST VIOLENCE AGAINST WOMEN** in its search for a solution to the male dominated domestic violence also researched some local Institutions and put the following tables forward for your consideration.

Some of the empirical evidence that provide social indicators is statistical data.

In Trinidad and Tobago murders as a result of domestic violence between the years 1995 to 1999 have been statistically described in Table 1 below:

**TABLE 1**

Year	Murders	SEX		MEANS EMPLOYED					CAUSE			
		M	F	Stab	Gun shot	Chop-wound	Beaten	Other	Dispute	Fight	Abuse	Other
1995	22	7	15	5	1	7	3	6	13	8	-	1
1996	16	4	12	6	-	6	2	2	14	1	-	1
1997	12	2	10	2	2	2	3	2	11	1	-	-
1998	23	10	13	7	1	2	10	3	12	4	3	4
1999	15	4	11	8	1	-	3	3	6	7	-	2
<b>Total</b>	<b>88</b>	<b>27</b>	<b>61</b>	<b>28</b>	<b>5</b>	<b>17</b>	<b>21</b>	<b>16</b>	<b>56</b>	<b>21</b>	<b>3</b>	<b>8</b>

*Source: Adopted from Statistics of Modres Operandi and Records Bureau, 1995, 1996, 1997, 1998, 1999 provisional figures. NB: However, some of the males murdered are children, and these are absolute numbers rather than per capita (true statistics).*

Murders for the years 1995 to 1999 compared to Murders as a result of Domestic Violence can be analyzed from Table 2 below:

**TABLE 2**

MURDERS				
YEARS	DOMESTIC VIOLENCE	NON-DOMESTIC VIOLENCE	TOTAL	% DOMESTIC VIOLENCE
1995	22	99	121	18%
1996	16	91	107	15%
1997	12	89	101	12%
1998	23	74	97	24%
1999	15	77	92	16%

*Source: See Table 1*

As you can see from Table II that domestic violence murders depicted a range of 12% in 1997 to as high as 24% in 1998.

Then it is quite clear that safety in the home amongst relatives is at risk.

It is also highly probable that the victims of domestic violence are safer elsewhere than amongst their relatives.

Further information on physical and sexual abuse committed in Trinidad and Tobago during the period 1995 to 1999.

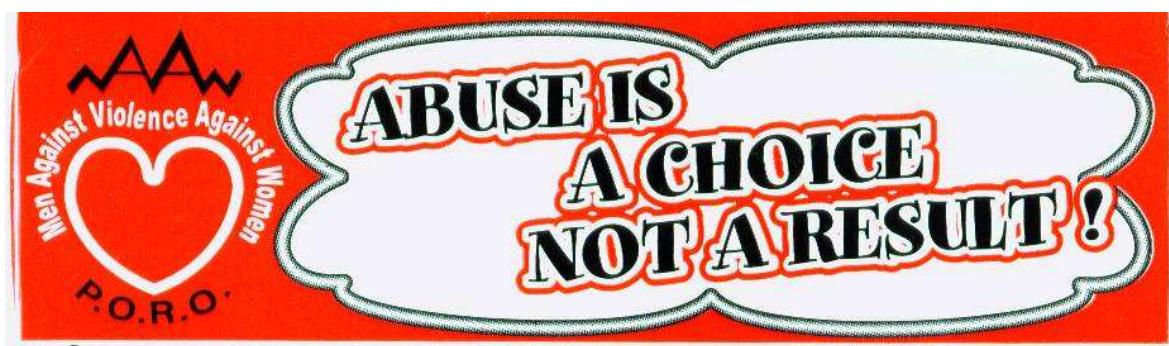
Table 3 below is a manifestation of Male dominated crimes:

**TABLE 3**

**SEXUAL OFFENCES FOR THE YEARS 1995 - 1999**

OFFENCES	1995	1996	1997	1998	1999	TOTAL
Rapes	177	170	226	250	240	1063
Attempt Rapes	4	1	5	4	2	16
Incest	36	25	42	82	41	226
Female Under 14	48	54	135	101	115	453
Female 14-16	31	43	100	94	77	345
Adopted Minor	13	2	2	39	1	57
Mentally Subnormal	0	0	0	2	0	2
Sex with Male under 16	0	0	4	0	0	4
<b>TOTAL</b>	<b>309</b>	<b>295</b>	<b>514</b>	<b>572</b>	<b>476</b>	<b>2166</b>

*Source: Modus Operandi Records Bureau, Trinidad and Tobago Police Service*



The Domestic Violence Act 27 of 1999 has been enacted to assist in providing some measure of safety to persons experiencing violence in the family environment, but in our view, the Act is insufficient.

Society must not be externally propelled to comply with the criminal injustice system; instead society must develop that internal voluntary commitment for tolerance and anger management among other social factor, in other words, self-discipline.

*MAVAW believes that the fight against domestic violence must be internally propelled and in order to give some insight into this internality, we have adopted the “Health” concept, fully appreciating the trans-disciplinary nature inherent in the solution to reducing Domestic Violence.*

It has been argued that one of the most widely recognised and most frequently quoted definitions of “Health” is that given by the Geneva -Based World Health Organisation which reads as follows: -

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease and /or infirmity.”

This definition can be interpreted such that health transcends the boundary of the structure and function of your body to include all of the following: -

- Feelings
- Values
- Reasoning
- Nature of Interpersonal skills.

However, what is fascinating about this definition is that it implies that health can exist in the presence of disease and infirmity.

MAVAW endorses this definition and agrees that “Health” expands such definition supplied by the World Health Organisation.

However, Payne and Hahn (1992) introduced “Holistic Health”, because they felt that it extended the physical, mental and social aspects of life, to include the intellectual and spiritual dimensions.

Holistic Health according to Payne and Hahn (1992) is: -

“The blending of your physical, emotional, social, intellectual and spiritual resources as they assist you in mastering the developmental tasks necessary for you to enjoy a satisfying and productive life.”

This blending is further explained below: -

**PHYSICAL DIMENSION:**

“Among the physical characteristics are your level of susceptibility to disease, body weight, visual strength and coordination, level of endurance and power of recuperation.

**EMOTIONAL DIMENSION:**

“This includes the degree to which you are able to cope with stress, remain flexible, and compromise to resolve conflict.

**SOCIAL DIMENSION:**

“This refers to social duties, whether you label these as social graces, skills, or insights. You probably have much strength in this area.”

**INTELLECTUAL DIMENSION:**

‘Your ability to process and act on information clarify values and beliefs, and to exercise your decision making capacity ranks among the most important aspects of total health.’

**SPIRITUAL DIMENSION:**

“This goes beyond your religious beliefs and practices to include your relationship with living things, the role of a spiritual direction in your life, the nature of human behaviour, and the willingness to serve others.”

It is against this background that the personal assessment, a personal profile in evaluating your health has been provided for you to assess your personal behaviour in Appendixes One (1) to Six (6) are for your own self test.

The following Chapters on: -

“**CHILD ABUSE**”,  
“**PARTNER ABUSE**”,  
“**ELDER ABUSE**” and

“**SEXUAL OFFENCES**” provide all the information necessary to fully understand the scope and depth of behaviour identifiable in the Domestic Violence situation.

In addition, we have included in this revision of our **2002 “DOMESTIC VIOLENCE AWARENESS HANDBOOK”** a Section Titled “**MANTALK**”, within which we feature what some of the MAVAW men hold as their personal opinions and beliefs.

As Chairman of this committed organisation “***Men Against Violence Against Women, MAVAW***”, it was a great pleasure working alongside the Secretary and Treasurer to produce the First Edition and now the Second.

Our thanks also go out to our hard working members and friends who made this 2<sup>nd</sup> Edition possible, contributing to the Violence Reduction E-Books attached to this book.